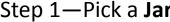
January Challenge!

Step 1—Pick a Jar



Step 2—Label your Jar with your name

Step 3—Fill jar about **3/4** with water

Step 4—Pick what **color** bead you want to use (blue, purple, or pink)

Step 5—**drink** 8 oz of water (not from your jar! Use water bottle, cup, etc)

Step 6—put a **bead** in your jar

Step 7—watch your jar fill as your beads grow!

Leave your jar in the lunch room, bring it to your desk, name it & take it home... it's up to you!

1 BEAD = 8 oz H2O

I heard the bead colors "run" so you might want to pick one color & stick with it... or throw caution to the wind & see what happens when you mix them up ~ crazy!!







Muscle fuel. Muscles that don't have enough water get tired . So for extra energy, drinking water to push through that final set of squats.

Clearer skin. Certain toxins in the body can results in clogged pores and acne. Water flushes out these toxins and can reduce the risk of pimples.

Calorie control. Water simply helps people feel full, and as a result consume fewer calories.

Fatigue buster. Move over coffee water can help fight those tired eyes too. One of the most common symptoms of dehydration is tiredness.

> Bonus for our 2nd Floor Friends! More stairs as you fill your water bottles!

You're Welcome!